



# Foods for Speed

Year levels 3–4

## Curriculum Links

### Health and Physical Education

- Food choices contribute to health and wellbeing.
- Health can include a positive outlook, a strong body and resistance to illness.
- We eat a variety of fresh foods to provide our bodies with the nutrients that make every part of our bodies healthy.

## Resources

- A copy of Aesop's fable *The Tortoise and the Hare* (optional)

## Location

The classroom

Duration:

15–30 minutes,  
depending on whether or  
not you do the extension

## Are you jumping jumps or down in the dumps?

- Ask: 'Are there times when you get tired?'
- Discuss bed time but also times when you are running or playing and you get tired during the day. What does it feel like? (Knees weak, puffy breath, no energy?)
- Discuss how food provides the fuel that works your muscles. The same fuel also provides energy to your heart and lungs, so that you are alive and breathing.
- What you eat affects the amount of energy you have.

## Brain food

- Ask the class: 'Do you think your brain needs food?'
- Ask: 'Do you think you could do a quiz quickly if you were tired and hungry?'
- Discuss how the words we sometimes use to describe someone who thinks quickly often contain images of running: 'She is quick off the mark', 'He is quick on his feet' or 'He can think on his feet'. The image is of someone with plenty of energy to run and also to think.
  - When we use images like this we are linking body health and brain health. They are very closely related!
- Discuss how brain food gives our body energy but it also can have long-term effects to build up the brain itself.

## Reading recipes

- Discuss the way that some foods contain quick energy and some slow energy.
- Quick-energy foods give you a jolt of jumping juice but they can leave you feeling flat afterwards.
  - Fruit gives you effective energy and is the best way to get a quick boost. Foods like sweets and drinks with lots of sugar in them (including some juice drinks) give you a quick burst of energy but then leave you feeling more tired than before.
- Slow-release foods give you energy gradually, over a long time. They are great for breakfast or when you expect to have a long gap between meals. You don't get hungry or tired because they are slow to digest in your stomach. These foods include items like oats and oatmeal porridge, nuts and seeds, beans and rice.

## Finishing off

- Read or tell a version of Aesop's classic fable *The Tortoise and the Hare*.
- Ask: 'When do you need to be swift like the hare?'
- Ask: 'When do you want long, slow-release energy to keep you going like the tortoise?'
- How might this affect your food choices?

## Extension/variation

- If time permits, a worksheet on the next page covers how breakfasts around the world vary enormously but usually include slow-release foods as well as quick-energy foods.

## The World Wakes Up

What do you eat for breakfast? Is it different on special days, such as weekends? Do you eat more on days when you have a sporting event or game?

What I eat for breakfast on a normal school day:

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What I eat on a special occasion day:

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### Breakfast around the world

Breakfast foods can be very different in different countries.

In most places of the world, people combine foods for quick energy with long-lasting fuel.

What does the world eat for breakfast? Even within each country, breakfast traditions vary a lot. Here are some suggestions for dishes. You might like to find some recipes for them and try them in your kitchen class. What types of foods do they contain? Are they for a tortoise or a hare – or both?

#### Australia and USA:

Banana or mango smoothie with yoghurt, honey and maybe a spoonful of oats

#### Canada

Buckwheat pancakes with maple syrup and sausages

#### China (Central and Eastern)

Congee: rice porridge with spring onions, dried fish, hard-boiled egg and soy sauce

#### China (Northern)

Steamed buns with pork or vegetable stuffing, soy milk or tea

### Colombia

Hot chocolate and arepas (corn bread), and hearty meat and bean tamales, wrapped in maize dough and cooked on a banana leaf

### Nigeria

Porridge made with corn and evaporated milk

### Scotland

Oatmeal porridge made with water or milk – sometimes with a pinch of salt, sometimes with brown sugar

### Singapore

Fried rice with egg, pork, fishcake and tofu

Can you find breakfast dishes from other countries?

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